

Walk	When	Contact
Culgaith Walk And Talk (Multiple Locations)	Every Thursday 1PM	Paul Saager 0176888702 paulsaager225@btinternet.com
Eden ICC Wellbeing Walks - Appleby (CA16 6QR) & Temple Sowerby (CA10 1RW)	Fortnightly Mondays (Appleby) & Fridays (Temple Sowerby) 1.30PM	Alison Wilson 07920765573 alison.wilson2@ncic.nhs.uk
New! Pategill, Penrith (CA11 8HX)	Weekly Fridays 1.15PM	Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
Kirkby Stephen Stroll (CA17 4QW)	Fortnightly Thursdays 1.30PM	Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
Walk and Wonder in Kirkoswald (CA10 1DQ)	Fortnightly Wednesdays 11AM	Carolyn Harrison 07813430715 carolyn.harrison@ncic.nhs.uk
Penrith Wellbeing Walk (CA11 7YA)	Every Friday 11.30AM	Amy Elliott 07551678450 amy.elliott@westmorlandand furness.gov.uk
Shap Village Stroll (CA10 3NL)	Fortnightly Fridays 1.30PM	Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk

walks may be subject to change

Postcodes indicate walk meeting point. Walks without postcodes have multiple routes - please visit ramblers.org.uk and search Wellbeing Walks for specific walk dates and more details.